

Princeton Fitness and Wellness Center

Group Exercise Schedule Effective Sept. 1st

	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4 (Upstairs)	CYCLE-Sign up Front Desk	AQUA	
MONDAY	5:45 - 6:45 Boxing Pat		LABOR DAY IS 9/4. PLEASE REFER TO DIFFERENT GROUP FITNESS SCHEDULE. CLUB HOURS 7AM - 1PM		5:30 - 6:30 Cycle Tori	*** Indicates a class in the lap pool.	
	8:30 AI	9:00 - 9:30 Ramp Strong Rita					
	9:30 Martina 	9:30 - 10:15 Ramping Rita	9:30 - 10:30 Pilates Patti	9:30 - 10:45 Power Yoga Linda F.	9:15 - 10:15 Cycle Tony	9:00 - 10:00 Cardio Sculpt Dawn***	
	10:30 - 11:30 Hip Hop Vin	10:15 - 11:15 Toning at the Barre Dawn	10:30 - 11:30 Zumba Lite Lily			10:45 - 11:45 Aqua Tone Martina 😊	
	11:30 - 12:00 Bellydance Vin/NEW	11:35 - 12:50 Chair Yoga Jayadev 😊		WHAT IS STRONG BY ZUMBA? A HITT (HIGH INTENSITY TEMPO TRAINING) CLASS CREATED BY ZUMBA WITHOUT DANCING. TOTAL BODY WORKOUT TO GREAT MUSIC AND SUITABLE FOR ALL LEVELS!		TIME & INSTRUCTOR CHANGE STARTING 9/11	
	12:15 - 1:15/AI 	START 9/11	FELDENKRAIS CLASS MOVED TO TUESDAYS 1:30PM SEPT 5 ONWARDS				
		1:00 - 2:00 RESERVED FOR WELLNESS					
	5:00 - 6:00/Linda 	5:15 - 6:15 Ramp & Tone Rita	5:00 - 6:15 Hatha Yoga Donna	CLASS NAME CHANGE	6:00 - 7:00 Cycle Sharon	6:00 - 7:00 Cardio Sculpt Anu***	
6:00 - 6:55 Burn Firm & Core Patti	NOT A DANCE CLASS			INSTRUCTOR CHANGE	DENOTES GENTLE CLASS		
7:00 - 8:00 		7:00 - 8:00 	7:15 - 8:45 Vinyasa Flow Yoga Joelle	PLEASE DO NOT ENTER THE STUDIOS 5 MINUTES AFTER CLASS HAS STARTED			
TUESDAY	5:45 Patti/Tori		CARDIO CLASS WITH YOGA MOVES	5:45 - 7:00 Power Yoga Denise			
	8:30 - 9:30 Hatha Yoga Del						
	9:35 - 10:05 Laura	9:00 - 10:00 Cardio Kickboxing Pat	9:30 - 10:30 PIYO™ Linda F.		9:15 - 10:15 Cycle Kerri	MASTER SWIM 6 7:30AM	
	10:15 - 11:15 	10:45 - 11:45 	BARRE FORMAT			9:15 - 10:00 Cardio Sculpt Fran ***	
	11:15 - 12:10 Balance & Movement Adele	LOW IMPACT; BEGINNER LEVEL	NEW! MOVED FROM MONDAYS		INSTRUCTOR CHANGE SEPTEMBER	10:00 - 10:30 Aqua Tone Fran	
	12:15 - 1:20 Gentle Yog Linda F. 😊			CLASS REINSTATED ON 9/19		10:30 - 11:15 Aqua Balance & Tone Fran	
			1:30 - 2:30 Feldenkra Jaclyn 😊		12:15 - 1:15 Cycle Adele		
		STUDIO CHANGE	2:30 - 3:30 Pilates Jaclyn 😊				
	5:00 - 6:00 FIT 101 Rita	CLASS NAME CHANGE	5:00 - 6:15 Hatha Yoga Donna	STUDIO 4 on 9/19		Physical Therapy 12:00 - 2:00pm	
	6:15 - 7:15 	6:00 - 6:45 Balletone Rita					
WEDNESDAY	5:45 - 6:45/Vishal 		NEW CARDIO CLASS		5:30 - 6:30 Cycle Tori	TIME & INSTRUCTOR CHANGE STARTING 9/6	
	8:00 - 8:55 BoogieTone Rita	9:00 - 9:30 Ramp Strong Rita		STRENGTH, TONE , STRONG			
	9:00 - 10:00/Linda 	9:30 - 10:15 Ramping Rita	9:00 - 10:00 STS - Pat		9:15 - 10:15 Cycle Colleen	9:30 - 10:30 Aqua Tone Martina	
	10:15 - 11:15 Linda F.	10:15 - 11:15 Pilates Patti		FORMAT & STUDIO CHANGE		10:35 - 11:35 Aqua Arthritis Susan 😊	
	11:20 - 12:20 Cardio Sculpt Vin/September	11:20 - 12:10 Gentle Tai Chi Jaclyn 😊				TIME CHANGE STARTING 9/6	
	FORMAT CHANGE SEPTEMBER	1:00 - 2:00 RESERVED RESERVED WELLNESS					
	5:00 Camille	5:15 - 6:00 Ramping Rita					
	6:00 - 6:55 Hip Hop Lisa/SEPT	6:00 - 6:55 BoogieTone Rita			6:30 - 7:30 Cycle Sarah D.		
	7:00-8:00/Rhonda 			7:00 - 8:15 Power Yoga Mary Lou			

THURSDAY

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4 (Upstairs)	CYCLE-Sign up front desk	AQUA
5:45-6:45 PLYOGA & Sculpt Kirsten	NOT YOGA CLASS; WEAR SNEAKERS!		CELEBRATE WORLD GRATITUDE DAY ON 9/21 WITH SPECIAL OUTDOORYOGA CLASS AT 9:30AM, WEATHER PERMITTING. BRING A GUEST		*** Indicates a class in the lap pool.
8:15 - 9:15 w/Al BODYPUMP	8:30 - 9:15 Balletone Rita	OUTDOOR YOGA CLASS ON 9/21 ONLY		9:15- 10:15 Cycle Nancy	6-7:30am Masters Swim
9:15 - 10:15 Stepin' Style Vin	9:30 - 10:30 FIT 101 Rita	9:30 - 10:45 Power Yoga Del			10:15 - 11:15 Aqua Tone Anu
10:15 - 11:00 Muscle Definition Vin		10:45 - 11:00 Meditation Del 😊		12:15 - 1:15 Cycle Tony	
11:00/Vin 	11:35 - 12:50 Chair Yog 😊 Javadeva				
😊 12:15 - 1:20 Gentle Yoga Lorraine	3:45 - 4:45 Pilates Linda M.		WHAT IS SOULBODY? 2 FORMATS - BARRE & UNHITCHED. BOTH USES SAME "BARRE" TYPES OF MOVEMENTS BUT WITH ATHLETIC APPROACH. UNHITCHED IS WITHOUT A BALLET BARRE. EQUIPMENT USED BODY BAR, LIGHT WEIGHTS AND PILATES BALL		Physical Therapy 12:00 - 2:00pm
	5:00 - 6:00 Total Body Stretch Linda M. 😊	5:00 - 6:15 Hatha Yoga Donna		6:15 - 7:15 Cycle Sharon	5:30 - 6:15 Cardio Sculpt Fran***/NEW
6:00 Maria BODYCOMBAT 7:00 Vishal		6:30/Linda & Phil 		NEW CLASS FOR SEPTEMBER	😊 DENOTES GENTLE CLASS Swim Team 6:30- 9:00pm***
	INSTRUCTOR CHANGE SEPT		UNHITCHED FORMAT. TOTAL BODY TONING		

FR IDAY

BODYPUMP 5:45 Tori		INSTRUCTOR CHANGE SEPT	5:45 - 7:00 Power Yoga Mary Lou	6:50 - 7:50 Cycle Sarah D.	
8:30 - 9:30 Freestyle Step Vin	8:00 - 8:55 BoogieTone Rita	8:30 - 9:00 HardCORE Kerri			
BODYPUMP 9:30 Patti	9:00 - 10:00 FIT101 Rita	9:30 - 10:30 Pilates Linda M.	9:30 - 10:45 Power Yoga Lorraine	9:15 - 10:15 Cycle Kerri	9:00 - 10:00 Cardio Sculpt Anu***
10:35 - 11:25 Cardio Boxing Pat/NEW START 9/15	10:30 - 11:30 	10:35 - 11:05 Foam Rolling Linda M.			10:00 - 11:00 Aqua Arthritis Susan F. 😊
11:30 - 12:10 Senior Strength & Cardio Martina	NEW FORMAT FOR SEPTEMBER - ALL CARDIO 😊	11:45 - 12:45 Qigong Arthur			
BODYPUMP 12:15 Al					
5:45 - 6:15 GRIT SERIES Laura	30 MINUTE EXPRESS FORMAT! HIGH INTENSITY				
6:15 - 6:30 Express Stretch Laura			ROTATION CHANGE SEPTEMBER	5:30 - 6:30 Cycle Blair/Sarah	Swim Team 6:30- 9:00pm***
BODYPUMP 6:30 Camille		6:30 - 7:45 Yin Yoga Robin D.			

SATURDAY

7:30 - 8:45 Boxing Pat	8:00 - 9:15 Hatha Yoga Rhonda	BODYATTACK 8:30/ Martina	7:15 - 8:30 Power Yoga Denise	7:30 - 8:30 Cycle James/ Lorraine	AQUATICS Swim for Fitness*** 7:30 - 9:00
9:00 - 10:10 Aerostep* Vin	9:20 - 9:55 HardCORE Kerri	9:30 - 10:30 	9:05 - 10:05 Pilates Phil	9:00 - 10:00 Cycle Tori	9-9:45 Cardio Sculpt Anu *** /Sept
BODYPUMP 10:15 Kerri	10:00 - 10:30 GRIT SERIES PATTI	10:35 - 11:35 Piloxing Amanda	CLASS IS BACK - STARTING 9/9	10:10 - 11:10 Cycle Sharon	9:45 - 10:30 Aqua Tone Anu/Sept
11:20 Meredith BODYCOMBAT	10:35-11:35 /Patti	NOT A DANCE CLASS		HEALTH FAIR ON 9/23. PLEASE REFER TO SEPARATE SCHEDULE FOR FAMILY CLASSES. BRING A GUEST TO THE CLUB ON THIS DAY.	Parent & Me 10:30 - 11:00 \$
12:20 - 1:20 	11:40 - 12:55 Gentle Yoga Shanti 😊	12:30 - 1:30 Intro To Ballroom Joelle/NEW	NEW! STARTS 9/16. SINGLES WELCOME		Swim Team 12:00 - 2:30*** Family Swim 3:00-5:00***

SUNDAY

BODYPUMP 7:25 Patti	NO CLASS ON 9/3			PLEASE DO NO ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED. THANK YOU.	
		8:15 - 9:30 Hatha Yoga Robin		8:30 - 9:30 Cycle Ladan	9:15 - 10:15 Cardio Sculpt Steve***
9:30 - 10:30 Barefoot Bootcamp Linda F.	9:30 - 10:30 Muscle Definition Pat	9:45 - 10:45 Beginner Yog 😊 Robin D.	SPECIAL VISUAL RIDE EVERY 2ND SUNDAY OF THE MONTH - ON 9/10 ONLY		CLASS STARTS 9/10 W/NEW INSTRUCTOR & FORMAT CHANGE
BODYPUMP 10:30 Linda F.		11:00 - 12:15 Gentle Yoga 😊 Poonam/Monica		10:00 - 11:00 Cycle Tori	
11:35 - 12:35 Pam	11:45 - 1:00/Linda F. Power Yoga				
1:30 - 2:15/2:15 - 3:30 Intro to WCS/WCS Dara/No class 9/3	INTRO TO WEST COAST SWING & REGULAR WEST COAST SWING				AQUATICS Family Swim *** 3:00-5:00